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# BETTER HEALTH

*for Little Americans*



LAWSON



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Fresh Air and Exercise for Health

# BETTER HEALTH FOR LITTLE AMERICANS

BY  
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ROCKFORD (ILL.) PUBLIC SCHOOLS

*Health is great riches*

BECKLEY-CARDY COMPANY  
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# CONTENTS

| CHAPTER                                                                                                                                                                                                                                                                                                                                                                                                                                         | PAGE |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| WHAT WE MUST ALL DO.....                                                                                                                                                                                                                                                                                                                                                                                                                        | 7    |
| I FOOD.....                                                                                                                                                                                                                                                                                                                                                                                                                                     | 11   |
| Good Food—Milk—Breakfast—Coffee and Tea—I<br>Don't Drink Coffee!—Guess My Name—Drink More<br>Milk—What Am I?—Put Him on the Scales—<br>Other Good Things to Eat—Fruit—Vegetables—<br>Roots—Some Good Friends—Seeds—Stems—Food<br>Song — Leaves — Our Dinner — The Cow —<br>The Friendly Cow—A Riddle—Farm Animals—<br>Fowls—One, Two—A Queer Little House—Water—<br>If—That's the Way—A Riddle—Candy—Oh, for<br>the Apple—Health Rules—I'm Glad |      |
| II FRESH AIR AND SUNSHINE.....                                                                                                                                                                                                                                                                                                                                                                                                                  | 55   |
| Fresh Air—Hoop Song—Fresh Air Is Good for All—<br>Fresh Air in the Spring—Fresh Air in the Summer—<br>In Summer—Fresh Air in the Autumn—Fresh Air<br>in the Winter—Winter Is Coming—Guess My<br>Name—Sunshine and Fresh Air—The Sun—Open<br>the Door—The Sun Is in the Sky                                                                                                                                                                      |      |
| III CLEANLINESS.....                                                                                                                                                                                                                                                                                                                                                                                                                            | 75   |
| Clean Hands and Faces—The Little Clock—Clean<br>Bodies—What Are They?—Clean Teeth—Do You<br>Know Me?—To Keep Good Health—A Good<br>Resolve—Be Clean                                                                                                                                                                                                                                                                                             |      |

| CHAPTER                                                                                                                                                                                                                                                                                                 | PAGE |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| IV SLEEP AND REST.....                                                                                                                                                                                                                                                                                  | 85   |
| Sleep—Sleep and Rest—Lack of Sleep—Early and Late—How We Get Rest—Good Night Song                                                                                                                                                                                                                       |      |
| V EXERCISE.....                                                                                                                                                                                                                                                                                         | 93   |
| Home Exercise — Exercise Through Play — An Exercise—Exercise in Spring and Summer—Autumn and Winter Exercise — Facts About Exercise — Exercises for All—Hints on Exercise—Exercise Song                                                                                                                 |      |
| VI GENERAL HEALTH LESSONS.....                                                                                                                                                                                                                                                                          | 109  |
| Posture—Feet—Care of the Eyes—The Ears—Germs—More About Germs—The Fly—Fighting the Flies—Mosquitoes—Rats and Mice—Colds—How to Prevent Colds—Healthful Homes—Muddy Jim—Where to Buy Food—The Underweight Child—How Strong Are You?—Tobacco—Alcohol—Things to Remember—For Good Health—Secrets of Health |      |
| VII HEIGHT AND WEIGHT TABLES.....                                                                                                                                                                                                                                                                       | 148  |
| Height and Weight Table for Boys—Height and Weight Table for Girls—A Better Health Card                                                                                                                                                                                                                 |      |
| VIII A BETTER HEALTH CARD.....                                                                                                                                                                                                                                                                          | 151  |



## What We Must All Do

From the top of my head to my tiny  
toes

I am built of bones, as every one knows.

These are the framework so strong  
within;

Outside they are covered with flesh  
and skin.

The parts of my body are only three—  
My head, my trunk, and my limbs,  
as you see.

My head has a back, two sides, and a  
crown,  
All covered with hair, yellow, black,  
red, or brown.



And, just in front, in the foremost  
place,  
You plainly can see my neat little face.  
My face has a forehead, nose, mouth,  
and chin;  
Two cheeks, where the dimples slip  
out and in.



Two eyes you see when you are near,  
Two ears, like sea-shells, to help me  
to hear.

My neck and shoulders, so broad and  
strong,

Arm, forearm, wrist, hand, and fin-  
gers long.



My trunk and my thighs, legs, ankles,  
and knees,

On two feet I stand, or run if I please.

My joints are to bend when I run,  
jump, or walk;

I've a little red tongue to help me to  
talk.

These make up my body, and now I  
will tell

What we all must do to keep strong  
and well.

To be neat and clean we must take  
great care,

Have plenty of sunshine and breathe  
the fresh air;

Eat nourishing food to make good  
blood, and then

We all shall become strong women  
and men.





# FOOD

## Good Food

We should eat pure, wholesome food.

We should eat three times a day.

Plain food will make us grow stronger  
than will rich food.

We should have milk every day.

Eggs are good for us.

Bread and meat help us to grow and  
become stronger.

Cereals and vegetables are healthful  
foods.

Fruits and simple desserts are good.

We should eat often all these foods.

Good food helps us to grow.

## Milk

Milk is good food.

There is no better food for children  
than milk.

Children can learn to like milk.

Milk makes us healthy.

Milk makes our teeth strong.

Milk makes our bones strong.

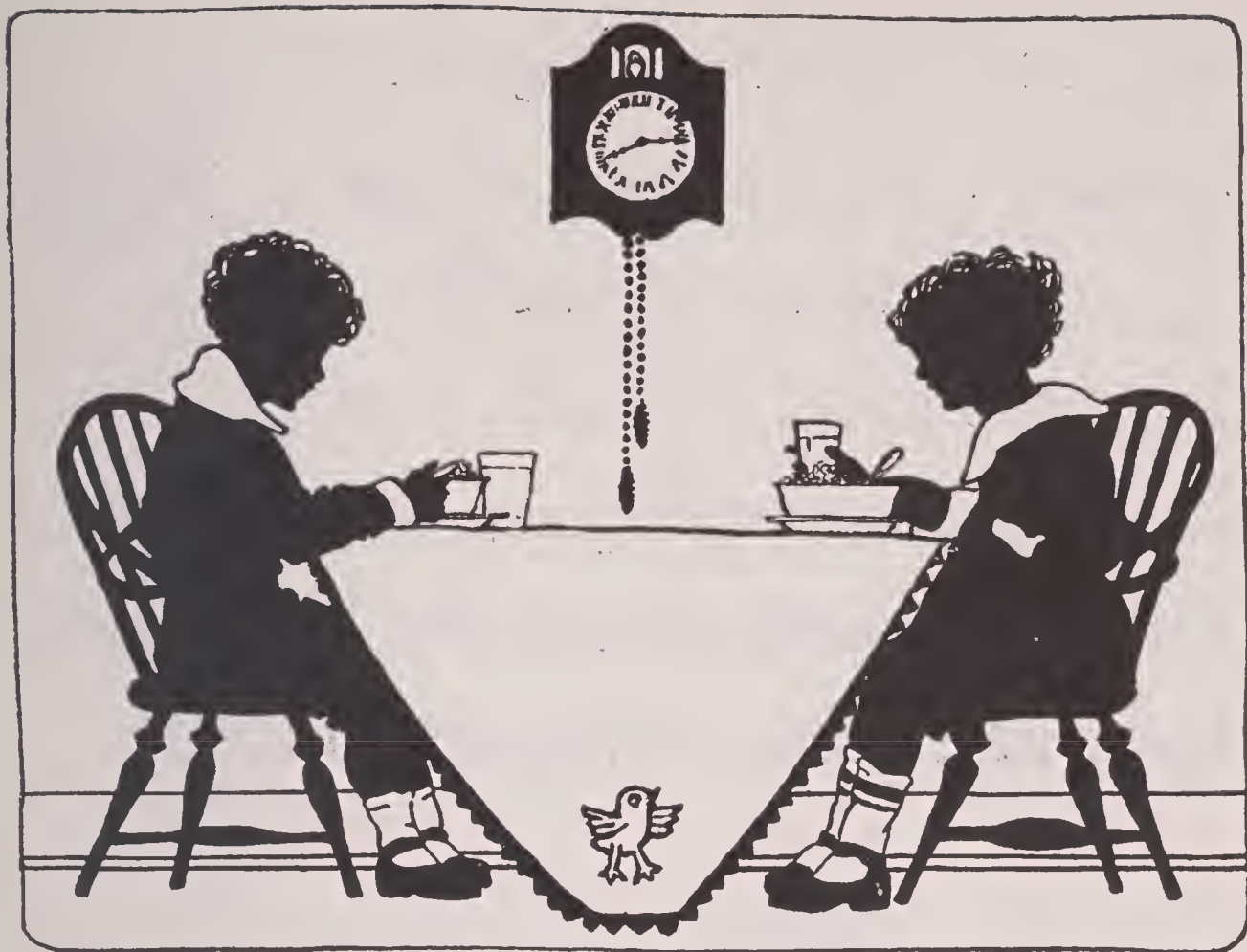
Milk helps us to do good work in  
school.

Milk is the best food for children.

We should drink milk every day.

Thank you, pretty cow, that made  
Pleasant milk to soak my bread,  
Every day and every night,  
Warm and fresh and sweet and white.

—Ann Taylor



## Breakfast

Eat some fruit every morning.

Orange or grapefruit is good for  
breakfast.

Baked apple is good too.

Oatmeal is good for our breakfast.

Farina is good for us.

Any cooked cereal is good for us.

Cereals are the fruit of oats, wheat,  
corn, rice and barley.

Eggs are good for breakfast.

Fried eggs are not good for children.

Buttered toast is good for breakfast.

Milk and cocoa are good to drink.

## Coffee and Tea

Boys and girls should not drink coffee  
nor tea.

Coffee and tea are not good for  
children.

They make boys and girls thin.

Coffee and tea do not make boys and  
girls strong and healthy.



Coffee and tea make girls and boys  
nervous.

Girls and boys do not do good work  
when they drink much tea and  
coffee.

Coffee and tea make children lose sleep.  
Children who drink much tea and  
coffee sometimes feel dull and  
tired.

We will not drink coffee and tea be-  
cause they are not good for us.

## I Don't Drink Coffee!

One, two, three,  
I don't drink coffee,  
I don't drink tea.  
One, two, three,  
Water, milk, and cocoa  
Are better for me.

## Guess My Name

I was a brown berry.

I was ground with other berries just  
like me.

Then I was put into water.

After I had been boiled, I was poured  
into a cup.

I was mixed with milk and sugar.

I hurt grown people.

I hurt little people even more than  
grown people.

I make children cross and nervous.

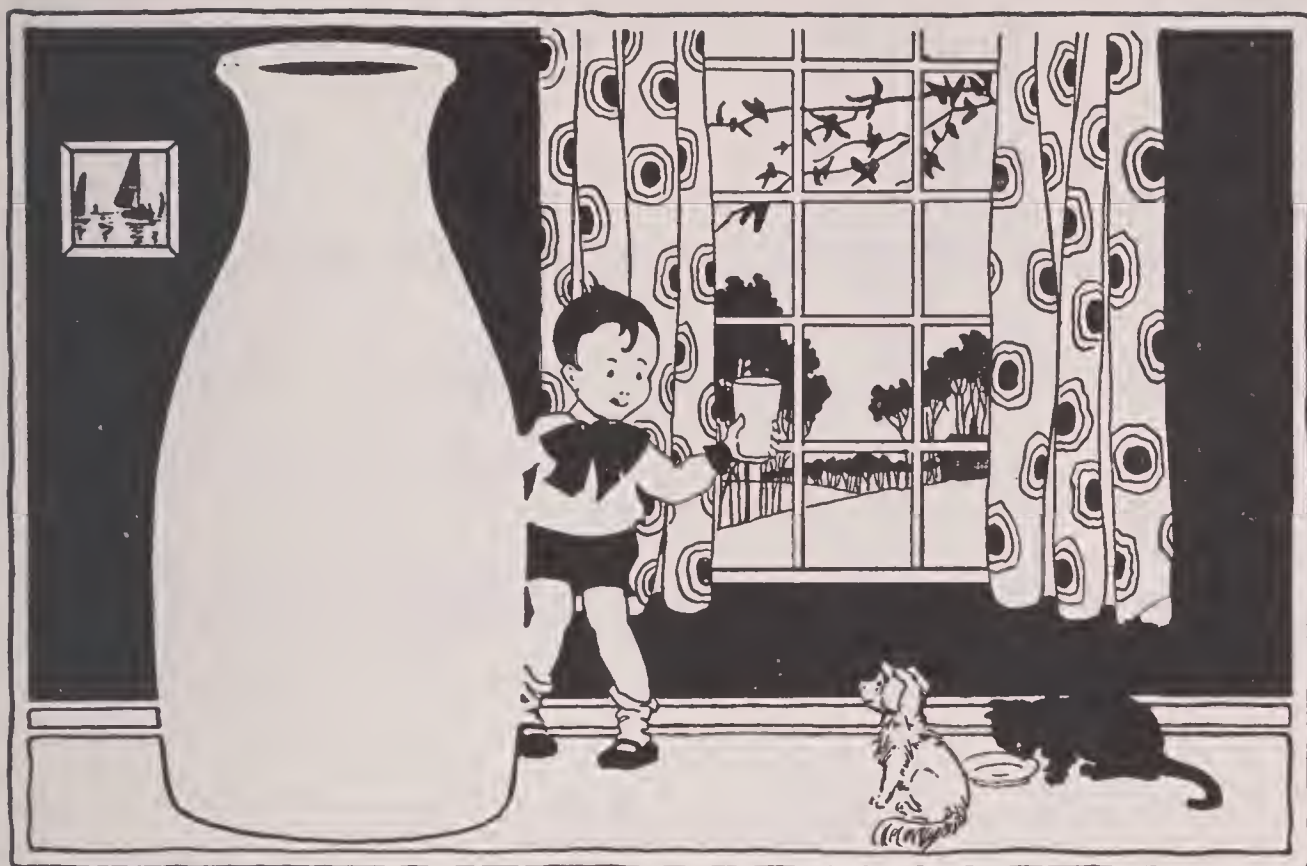
Sometimes I make them feel dull.

I keep children awake nights.

I help to make them thin.

Can you guess my name?





## Drink More Milk

Instead of drinking coffee and tea,  
children should drink milk.

We should drink three or four glasses  
of milk every day.

We should drink our milk slowly.

Milk makes us gain in weight.

We do not want to be under weight.

If we are under weight we will not be  
strong.

Milk makes boys and girls strong.

Fresh sweet milk makes children  
healthy.

It makes boys and girls sleep well.

### **What Am I?**

I am white.

I come from a cow.

I am good to drink.

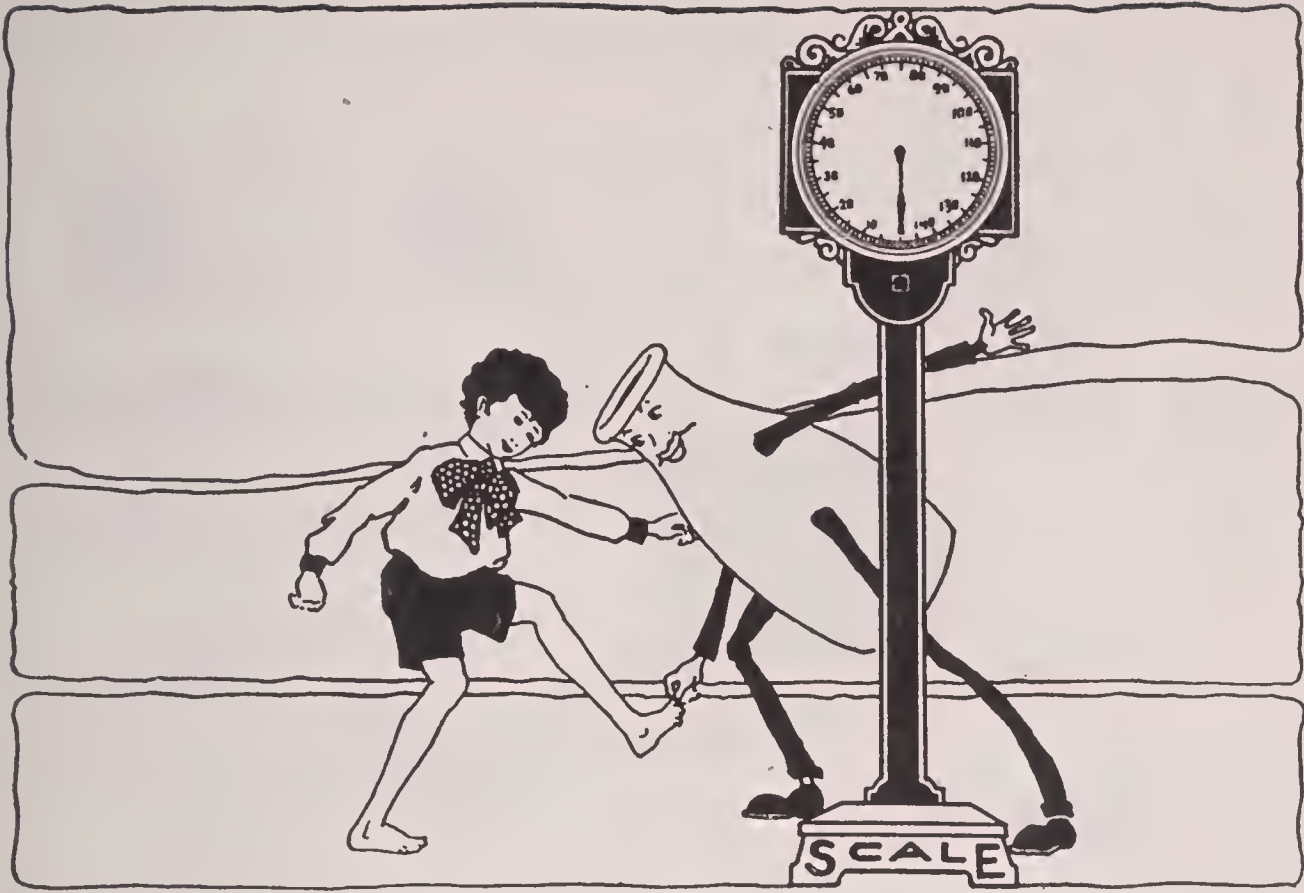
Babies cry for me.

Kittens mew for me.

Boys and girls like me.

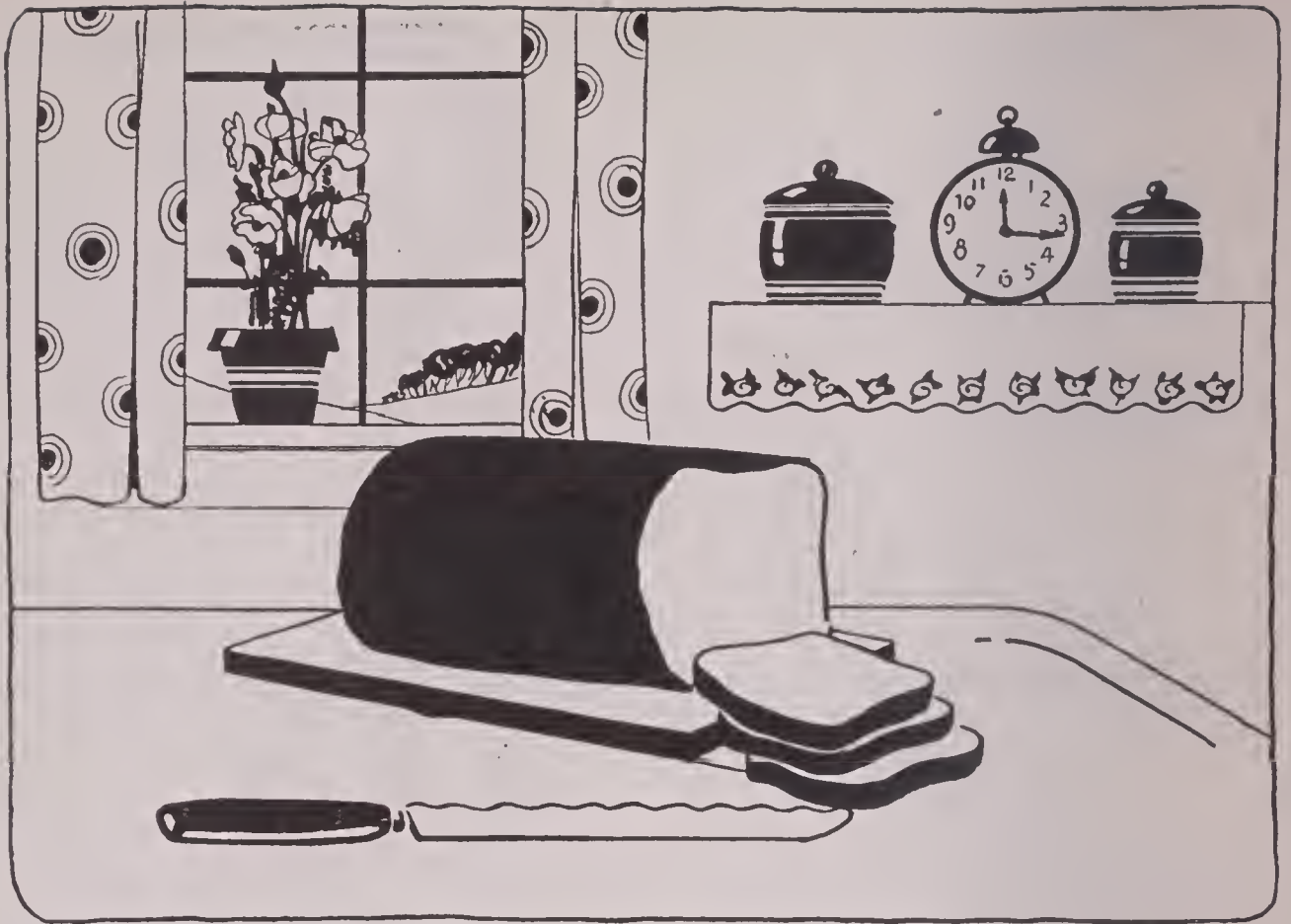
Sometimes I am found in a bottle.

What am I?



## Put Him on the Scales

Eenie, meenie, minie, mo,  
Catch a thin boy by the toe;  
Put him on the scales to see  
If he's as healthy as he should be.  
If he's not what he should weigh,  
Give him a quart of milk each day.



## Other Good Things to Eat

If we wish to grow up to be strong  
men and women, we must eat the  
right kinds of food.

We should eat bread and butter.

Graham bread is wholesome.

Whole wheat bread is good for us.



We should eat potatoes.

Soup made of vegetables and milk is  
good for us.

We should eat meat only once a day.  
Macaroni and fish are good for chil-  
dren.

Boys and girls like nuts and may eat  
a few at times.

Vegetables are good foods for children.

Rice and cornflakes are good for us.

Barley and rye bread are still better.

Farina and hominy are good for chil-  
dren.

Custard makes a good dessert.

Puddings made of milk are good for  
children.

## Fruit

Fruit is very good for boys and girls.  
Apples, oranges and peaches are good  
for girls and boys.

Grapes, pears and plums are good for  
children.

Strawberries, blackberries and blue-  
berries are good to eat.

Grapefruit and cherries are good for  
boys and girls.

We should eat orange or grapefruit  
for breakfast.

Bananas must be ripe to be good for  
children to eat.

Bananas are ripe when there are brown  
spots on the skins.





Bananas are not good when the skins  
are all brown.

Dried fruits are good to eat.

Prunes, figs and dates are good for  
children.

Fruit may be eaten raw or stewed.

Canned fruit and jellies are good.

Children should not eat too much jam  
or marmalade.

Fruit is wholesome food for children.  
We should eat fruit every day.

Eating more fruit means better health.



Currants on a bush  
And figs on a stem,  
And cherries on a bending bough  
And Ned to gather them.

—Christina G. Rossetti

## Vegetables

Every day we should eat some fresh vegetables.

Vegetables are good for boys and girls.

Potatoes are good for children.

Potatoes may be boiled or baked.

Mashed potatoes are good to eat for dinner.

Peas and beans are good foods.

Spinach and asparagus are good.

Tomatoes are good for children.

Carrots and turnips are good for girls and boys.

Corn and cauliflower are good, too.

Celery and beets are good.

Onions are good, too.





More Vegetables — Better Health

Cabbage and squash are good for children.

Dried and canned vegetables are good to eat.

Some vegetables make good soup.

Potatoes and corn may be made into soup.

Celery makes good soup.

Children like tomato soup.

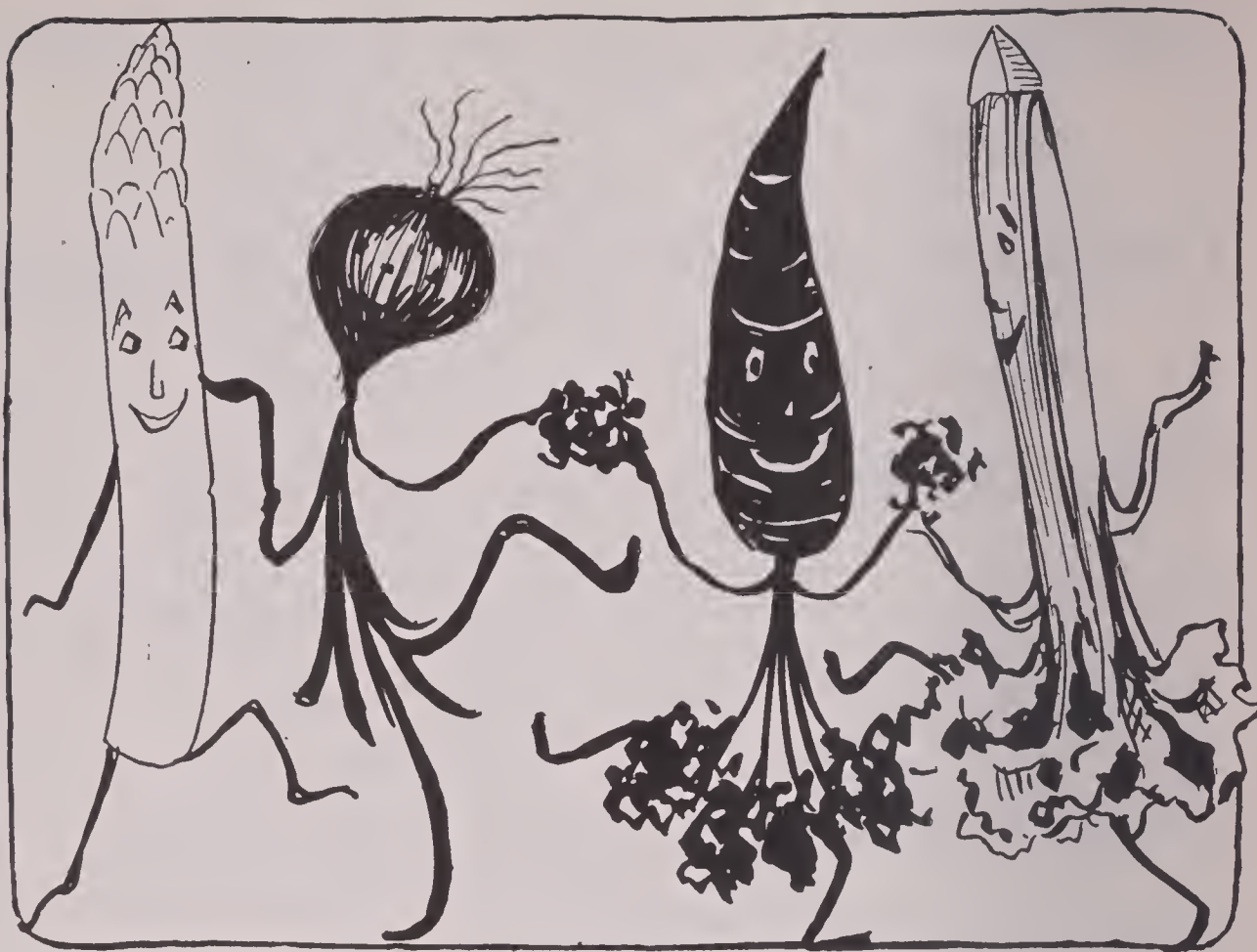
Cream of tomato soup is good for children.

Radishes and lettuce are very good for children.

All of these help us to grow.

We should not eat many pickles.

They do not help us to grow.



## Roots

Some roots are good for food.

Potatoes are roots that are good food.

Beets and onions are roots, too.

Turnips and radishes are roots.

Parsnips and carrots are roots.



Sweet potatoes are roots.

Potatoes and sweet potatoes are both  
good for children.

Children like beets and carrots.

Turnips and onions are good for boys  
and girls.

These roots are all good foods for  
children.

## Some Good Friends

Big Potato and Little Meat

Give us energy and heat.

If we eat red Billy Beet

We will find him nice and sweet.

Carrots and Spinach like to eat

Iron from the ground.

If we eat them, we shall be

Big and strong and round.

## Seeds

Some seeds are good for food.

Wheat seeds are made into flour.

Flour is made into bread.

Bread is good food for us.

Corn is good food for children.

Peas and beans are good for boys and  
girls.

White beans and brown beans are both  
good to eat.

Peas and beans may be dried.

Dried peas make good soup.

Dried beans may be boiled or baked.

Lima beans are liked by children.

These seeds are all good food for us to  
eat.



## Stems

Some stems are good for boys and girls.

Beet stems are good for us.

Pieplant or rhubarb stems are good for children.

Pieplant stems are stewed for sauce.

Cooked asparagus stems are good  
to eat.

Onion stems are good, too.

Celery stems are good for a relish.

All these stems are good to eat.

## Food Song

*Tune: Row, Row, Row Your Boat*

Drink, drink the good milk,

Eat some oatmeal, too.

Apple and orange, and brown bread  
and butter

Are very good for you.

Eat, eat the best food,

That's the healthful way.

Corn and potatoes and rice  
and tomatoes

Are mighty good, I say.





## Leaves

Some leaves are good foods.

Lettuce leaves are good for children.

Leaf lettuce and head lettuce are both  
good.

Spinach leaves are good for boys and  
girls.

Dandelion leaves are good to eat.

Beet leaves are good for us.

Water cress is a good food.

We have to cook spinach and dandelion and beet leaves.

We do not need to cook lettuce and water cress.

We should eat all these leaves.

In winter as well as summer, we should eat some leafy vegetable.

They are all good foods for children.

## Our Dinner

Now for our dinner!—what shall we eat?

Plenty of vegetables, but little meat;

Potatoes, carrots, and spinach are fine;

These give us strength, if on them we dine.

## The Cow

The cow gives us good food.

It gives us milk.

Cream rises on the top of the milk.

We can make ice cream from milk.

Children like ice cream, which is a  
good dessert.

Custards are made with milk.

Butter and cheese are made from milk.

Buttermilk comes from milk.

Children should drink milk every day.

They should eat butter and cottage  
cheese.

Cottage cheese is made from milk.

Fresh cottage cheese is good for girls  
and boys.

The cow gives us beef.  
Beef is good meat.  
Roast beef is good to eat.  
Beefsteak is good, too.  
Stewed beef with vegetables is good for  
    boys and girls.  
Beef may be made into soup, too.  
Children like beef soup.  
All these foods are good for us.  
The cow gives us all these good foods.

## The Friendly Cow

The friendly cow, all red and white,  
    I love with all my heart:  
She gives me cream with all her might,  
    To eat with apple-tart.

—*Robert Louis Stevenson*



## A Riddle

I am thinking of an animal that gives  
us milk to drink.

It gives us meat to eat.

It gives us cheese and something to  
spread on our bread.

It gives us soap to wash our hands.

Can you guess its name?





## Farm Animals

The animals of the farm give us good food.

From the lamb come lamb chops and roast lamb.

The pig gives us ham and pork.



The pig gives us bacon and salt pork.  
The only food which the pig gives us  
that is good for children is bacon.  
We should eat meat only once a day.  
Meat and potatoes are good for dinner.  
We eat bacon for breakfast.  
Bacon is good to eat with eggs.





## Fowls

Fowls come from the farm.

Chickens, turkeys, ducks and geese  
are fowls.

They are good to eat.

Besides, the hen lays eggs.



Eggs are good to eat.

Fresh eggs are very good for little boys  
and girls.

We may eat eggs for breakfast.

We may eat them at other times, too,  
in place of meat.

Puddings made with eggs are good,  
too.

## One, Two

One, two, milk's good for you!

Three, four, play out of doors.

Five, six, bread nice and thick.

Seven, eight, stand up straight.

Nine, ten, eggs from the hen.

Eleven, twelve, brush your teeth well.

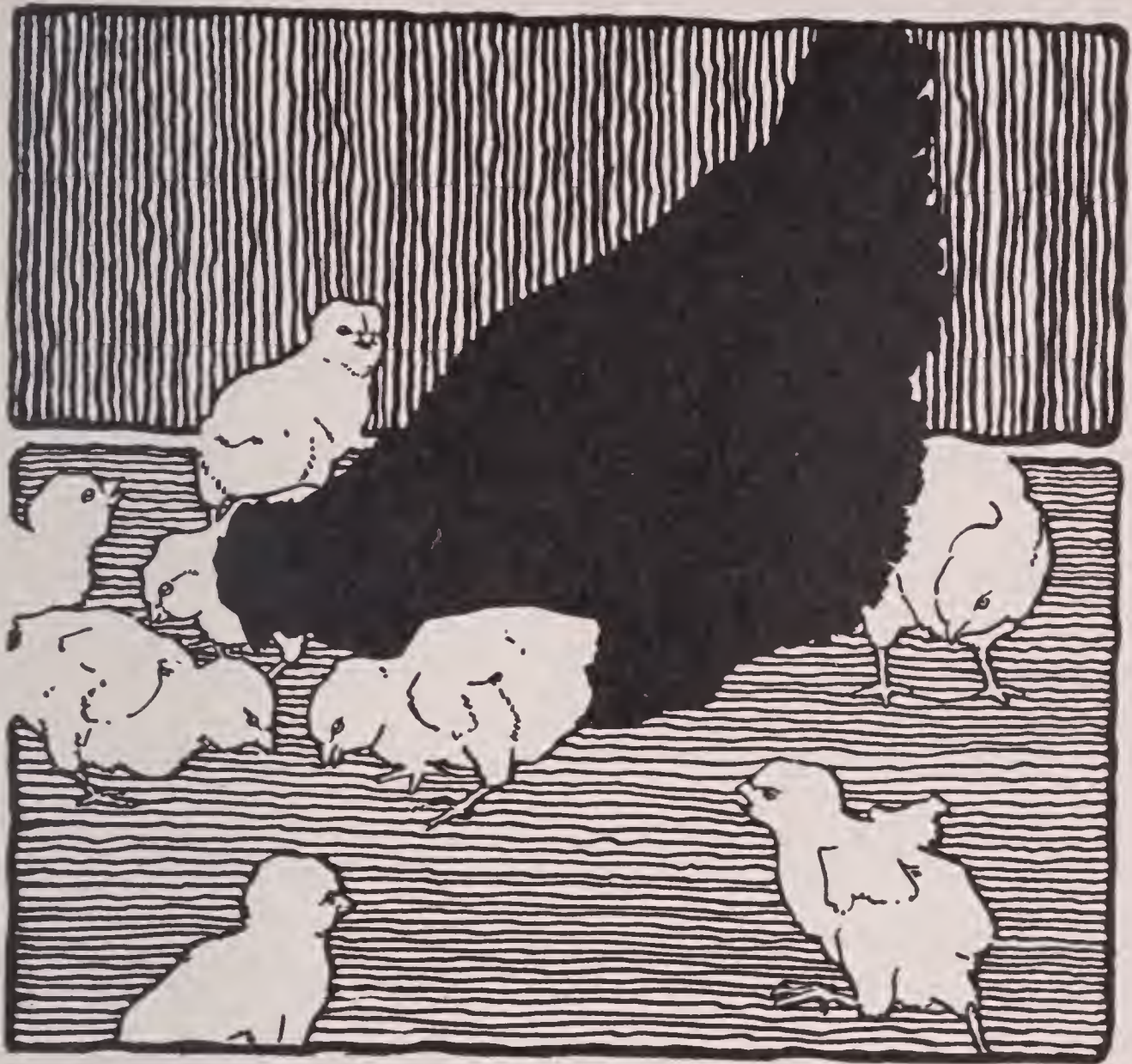
And so on to nineteen, twenty.

Healthy children are plenty.

## A Queer Little House

There's a queer little house  
That stands in the sun;  
When the good mother calls  
The children all run;  
While under her roof  
It is cozy and warm,  
Though the cold wind may whistle  
And bluster and storm.

In the daytime this queer  
Little house moves away,  
And the children run after,  
So happy and gay;  
But it comes back at night  
And the children are fed



And tucked up to sleep  
In their warm, cozy bed.

This queer little house  
Has no windows nor doors;

The roof has no shingles,  
The rooms have no floors;  
No fireplaces, chimneys,  
No stoves can you see,  
Yet the children are cozy  
And warm as can be.

The story of this  
Little house is quite true;  
I have seen it myself,  
And I'm sure you have, too;  
You can see it to-day  
If you'll watch the old hen  
While her downy wings cover  
Her chickens again.



## Water

Water is good for us.

We should drink plenty of water.

Children should drink four glasses or  
more of water every day.

We should drink water between meals.

It is good for us to drink water  
before breakfast.

Our food is cooked in water.

We need water every day.

Our bodies are three parts water.

So we must drink plenty of water.

Fresh, cool water satisfies thirst.

Water is better for children than tea  
or coffee.

Water quenches thirst.

Boys and girls should drink plenty of  
water.

Children need water to make them  
strong and healthy.

If

If all the world were apple-pie,  
And all the sea were ink,  
And all the trees were bread and cheese,  
What should we have to drink?

That's the Way

A bit of work, a bit of play,  
And lots of quiet sleep.  
A cheerful heart and a sunny face,  
The health chores done at a merry pace.  
Ah, that's the way the children grow,  
Don't you know?  
That's the way little children grow.

## A Riddle

I am thinking of something that is  
good to drink.

We could not live without it.

It has no taste.

It has no color.

We can see through it.

It comes from the rivers and lakes.

It comes from brooks and creeks.

It comes from springs.

It comes from clouds.

Sometimes it is salty.

Then we cannot drink it.

We cook with it.

It makes us sweet and clean.

Mother Nature uses very much of it.

Our own mothers use very much of it.  
It keeps our houses sweet and clean.  
We cross the ocean on it.  
In winter we skate on it.  
Fish live in it.  
Insects like it.  
Nothing could live without it.  
Can you guess its name?





## Candy

Children may eat a little candy once  
in a while.

The candy should be made of pure  
materials.

Too much candy is not good for chil-  
dren.

We should not eat candy between  
meals.

If we eat candy between meals, we shall  
not be hungry at meal time.

If we are not hungry at meal time, we  
shall not eat much at our meals.

If we do not eat our meals, we shall  
not get the good food we need.

Then we shall lose weight.

We shall not be strong if we eat candy  
between meals.

Figs and dates take the place of candy.

We can eat honey instead of candy.

Too much candy is not good for the  
teeth.

Too much candy often brings a  
troublesome toothache.

### Oh, for the Apple

Oh, for the apple!

So round and so red,  
It's better than candy,  
Let's eat it instead.

More fruit, good fruit!

Date, orange and fig;  
The children who eat them  
Will surely grow big.

## Health Rules

We should eat three good meals a day.

Always eat at the same time of day.

Eat slowly.

Take time to eat at the table.

Stay at the table twenty minutes.

Be happy at meal time.

Chew your food well.

Eat plenty of good, wholesome food.

Drink plenty of milk.

Drink plenty of water.

Try to grow strong and well.

Take good care of your teeth.

Bathe at least twice a week.

Go to bed early.

Children, get plenty of sleep!



Health Brings Happiness



Sleep with your windows wide open.  
Play outdoors.  
Brush your teeth at least once a day.  
Drink no coffee nor tea.  
Eat vegetables and fruit every day.

Milk pure,  
Air pure,  
Water pure.

Three things pure  
That help to cure.

### I'm Glad

I'm glad the sky is painted blue,  
And the earth is painted green,  
With such a lot of nice fresh air  
All sandwiched in between.



Fresh Air and Sunshine for Health

# FRESH AIR AND SUNSHINE

## Fresh Air

No one can live without fresh air.

Animals need fresh air.

Babies must have fresh air.

Children need fresh air.

Girls cannot live without fresh air.

Boys cannot live without fresh air.

Young people need fresh air.

Old people cannot live without fresh  
air.

School children need fresh air.

Teachers cannot live without fresh air.

Well people need fresh air.

Sick people need fresh air.

Fresh air is good for all.  
Fresh air helps children to grow.  
We need fresh air when we are asleep.  
We need fresh air when we are awake.  
So children should play outdoors.  
Fresh air makes children healthy.  
Fresh air makes children happy.

## Hoop Song

Trundle-undle-undle!  
Round and round and round  
Go the hoops, in little troops,  
Rolling on the ground.

Rumble-umble-umble!  
Ever up and down  
The little girls with flying curls  
Drive them through the town.





## Fresh Air Is Good for All

Fresh air is good for every one.

Fresh air was good for the Tree Dwellers long ago.

The Tree Dwellers had fresh air all the time.

Fresh air was good for the Indians.

Indians are Red Men.

Fresh air was good for the Pilgrims.

Fresh air is good for the Chinese.

The Chinese are yellow.

Fresh air is good for the Negro.

The Negro is black.

Fresh air is good for white people.

Fresh air is good for the red, black,  
yellow and white races.

Fresh air is good for boys and girls.

That is why we play outdoors and  
sleep with our windows open.

Children should have plenty of fresh  
air.

Fresh air makes children well and  
strong.

We need fresh air as much as food.



## Fresh Air in the Spring

Fresh air is needed in the springtime.

Fresh air is needed in windy March  
weather.

Then we wear warm clothes.

Fresh air is needed in April, when show-  
ers fall.



Fresh air is needed in May, when the  
apple trees blossom.

Fresh air is needed during the three  
months of spring.

March, April and May are the months  
of spring.

We can play outdoors in the spring.  
It is good for us to be outdoors in the  
spring.

The green leaves come out in the  
spring.

Then it is pleasant to be outdoors.

We like to be outdoors in the spring.

There is no time like spring

When life's alive in everything.

—*Christina G. Rossetti*





## Fresh Air in the Summer

In summer we should be outdoors  
most of the time.

We should spend most of our time out-  
doors in June.

The roses bloom in June.

Many flowers bloom in June.

We should be outdoors in July, when  
the days are warm.

In July there are many flowers in  
bloom and fruit is ripe.

We should be outdoors in August,  
when the days are hot.

If we can, we should sleep outdoors  
in the summer.

The summer days are long and  
bright.

We should get plenty of fresh air in  
summer.

We should sleep with our windows  
wide open in summer.

June, July and August are the summer  
months.

We eat fresh fruit and vegetables in  
the summer.

We take long walks and play outdoors  
in the summer.

Boys and girls enjoy being outdoors  
in summer.

## In Summer

In summer I am very glad  
We children are so small,  
For we can see a thousand things  
That men can't see at all.

—*Laurence Alma-Tadema*

---

The wonderful air is over me,  
And the wonderful wind is shaking the tree.

—*William Brighty Rands*



## Fresh Air in the Autumn

We need fresh air in autumn.

We need fresh air in September, when  
we start to school.

September is the first month of  
autumn.



We need fresh air in October, when  
the leaves begin to fall.

We need fresh air in November, when  
the days grow cold.

We need fresh air during the three  
months of autumn.

We can play outdoors in the three  
months of autumn.

When the days grow cold, we wear  
warm wraps.

The leaves turn yellow in the autumn.  
Some of the leaves turn red.

When the leaves turn, the trees look  
bright.

Boys and girls like to play games out-  
doors in autumn.

## Fresh Air in the Winter

Fresh air is needed in the winter.

Fresh air is needed in December, the  
Christmas month.

Fresh air is good for us in January.

January is the first month of the year.

Fresh air is needed in February.

George Washington was born in Feb-  
ruary.

Abraham Lincoln was born in Feb-  
ruary.

They both loved the great outdoors.

Fresh air is needed even when it is  
very cold.

It is cold in winter.

Fresh air gives us rosy cheeks.

We need fresh air during the three months of winter.

We wear warm clothing in winter.

Then we can go out and enjoy the fresh air.

We can play outdoors in the winter time.

We need fresh air in winter as well as in summer.

We need fresh air all the year round.

We can enjoy games and sports outdoors in winter, too.

We need fresh air in winter, even though it is cold.

We sleep with our windows open in winter's coldest weather.

## Winter Is Coming

Go bring the sled  
From out the shed,  
Hunt up your mittens, boys;  
For well I know  
There'll soon be snow,  
And then for winter joys.

We'll build a fort;  
Oh, boys, what sport!  
So pile the snow-walls high!  
We'll have a fight  
With bullets white—  
Ah, won't the snowballs fly!

Hurrah! my chums!  
The snow-storm comes,





Ah, now's the time for fun!

The flakes fall fast,

It snows at last,

The winter is begun.

Oh, oh, oh, oh,

Just see the snow,

The ground is almost white!

To-morrow, boys,  
For fun and noise!  
I hope 'twill snow all night.

### Guess My Name

I do not often visit dark, damp cellars.  
When it is very cloudy you do not see  
me.

You see me only in the daytime.  
You can feel me, but you cannot hold  
me.

I am good for plants.

I am good for children.

I warm the earth.

I bring health to many people.

Guess my name.

[Sunshine]

## Sunshine and Fresh Air

Sunshine and fresh air make us  
healthy.

Sunshine and fresh air make us grow.  
Fresh air and sunshine help us do good  
work in school.

Sometimes fresh air and sunshine  
make our cheeks rosy.

Fresh air and sunshine are good for  
children.

Fresh air and sunshine make us feel  
well.

Fresh air and sunshine make us feel  
happy.

Sunshine and fresh air make us  
strong.

Sunshine and fresh air make children  
feel well.

Sometimes fresh air will cure a head-  
ache.

Sometimes, if we are tired, fresh air  
will make us feel rested.

Children should play outdoors in the  
fresh air.

Children should get fresh air and sun-  
shine all the year round.

Outdoor games make children happy  
and healthy.

Spend at least an hour out of doors  
every day.

We will breathe pure air.

We will live in the sunlight.



## The Sun

I never go to sleep, dear child,  
I'm always shining bright,  
But as your world goes turning round  
It takes you from my light.  
And then I shine upon the moon  
And she shines back to you,  
So that my light you often see  
When hidden from my view.

And as your world goes turning round  
It whirls you into night,  
But brings 'round other boys and girls  
Into my shining light.  
And so I shine, forever shine,  
While you both sleep and wake;

And now you've rolled around again  
My kind good morning take.

—*Amy Fiske*

### Open the Door

Open the door, let in the sun;  
He hath a smile for every one.  
He hath made of the raindrops gold  
and gems;  
He giveth to us earth's diadems.  
Open the door.

### The Sun Is in the Sky

Whether fair, whether foul,  
Be it wet or dry,  
Cloudy time or shiny time,  
The sun is in the sky.

# CLEANLINESS

## Clean Hands and Faces

If we wish to be healthy, we should be clean.

We should wash our hands before every meal.

We should wash our hands before going to school.

We should wash our hands and face in the morning when we get up.

Warm water with soap is best for washing the hands and face.

We ought to use good soap.

We should wash our hands before going to bed.

Our finger nails should be cleaned  
every day.

We should wash our hands before  
handling food.

We should keep our hands clean all  
the time.

### The Little Clock

There's a neat little clock,  
In the schoolroom it stands,  
And it points to the time  
With its two little hands.  
And may we, like the clock,  
Keep a face clean and bright,  
With hands ever ready  
To do what is right.





## Clean Bodies

We should keep our bodies clean.

In summer take a bath several times  
a week.

Always take a bath more than once a  
week.

Keep your feet clean.

Wash your hair at least once a month.

Keep your teeth clean.

Use a toothbrush and a good toothpaste.

Brush the insides of your teeth as well as the outsides.

Be sure to keep your neck clean.

Keep your ears clean, too.

Keep your clothes clean.

If you are clean you will feel better and look better.

## What Are They?

Thirty white horses upon a red hill,  
Now they tramp, now they champ,  
now they stand still.



## Clean Teeth

Good teeth help to keep us well.

If we have good teeth, we can chew our food well.

If we chew our food well, we shall have better health.

We should take very good care of our teeth.

We should brush our teeth after each meal.

We should keep our toothbrushes clean.

We should use only our own toothbrush.

If we have a cavity in a tooth, we should go to the dentist and have it filled.

If we do not do this, we may lose the tooth.

Good food helps to make the teeth strong.

Milk is good food for the teeth.



We exercise our teeth by eating hard foods.

Apples and hard tack are foods that exercise the teeth.

Baked potatoes with jackets are also good for our teeth.

Clean white teeth make us better looking.

People like to see clean white teeth.

Sometimes decayed teeth make us sick.

Decayed teeth give us toothache.

Decayed teeth often cause pains and aches in different parts of our bodies.

We are going to take good care of our teeth.

## Do You Know Me?

I come to many careless people.

I give them much pain.

Sometimes I make children cry.

Sometimes I keep people awake all  
night.

No one likes me.

No one wants me.

I come to children who eat too much  
candy.

Sometimes I come to the boy who for-  
gets to use a toothbrush.

Sometimes I come to the girl with a  
cavity in her tooth.

Do you know me?

[*Toothache*]

## To Keep Good Health

Your hands and face clean should you  
keep;

The windows open while you sleep;  
And brush your teeth three times a  
day;

To keep good health, this is the way.

## A Good Resolve

Before I lay me down to sleep,

Each night I'll brush my teeth.

Each morning when I awake

Again my little brush I'll take—

A thorough brushing to repeat,

To keep my mouth clean and  
sweet.

## Be Clean

Always wear clean clothes.

Clean hands help to keep clothes clean.

We should change our underwear at least once a week.

Never wear the same underwear at night as in the daytime.

We should live in clean houses.

Children should help keep the house clean.

Eat clean food.

Wash carefully all fruits and vegetables.

Be sure the dishes are clean.

The one who does the cooking should be clean and neat, too.



# SLEEP AND REST

## Sleep

If we wish to have good health we must have plenty of sleep.

Grown people need eight hours of sleep. Children need more sleep than grown people.

Weak children need more sleep than strong children.

Children need ten or twelve hours of sleep every night.

Little children should go to bed at eight o'clock.

Older children should go to bed at nine o'clock.



We should sleep with our windows  
wide open.

In the winter we need warm covers on  
our bed.

Children should get plenty of sleep.  
All children need plenty of sleep.

## Sleep and Rest

Sleep and rest help us to gain in weight.

Sleep and rest make children strong  
and well.

Sleep and rest help us to do good work  
in school.

Sleep and rest make us look well.

Sleep and rest help us to be happy.

Sleep and rest keep us from being lazy.

Sleep and rest keep us from getting  
nervous.

Sleep and rest are good for boys and  
girls.

Go to bed early and sleep very tight;  
You'll wake up in the morning feeling  
gay and bright.

## Lack of Sleep

If we do not get enough sleep, we become nervous.

When we do not get enough sleep, we do poor work in school.

We shall not be well and strong, if we do not get enough sleep.

If we do not get enough sleep, we shall be under weight.

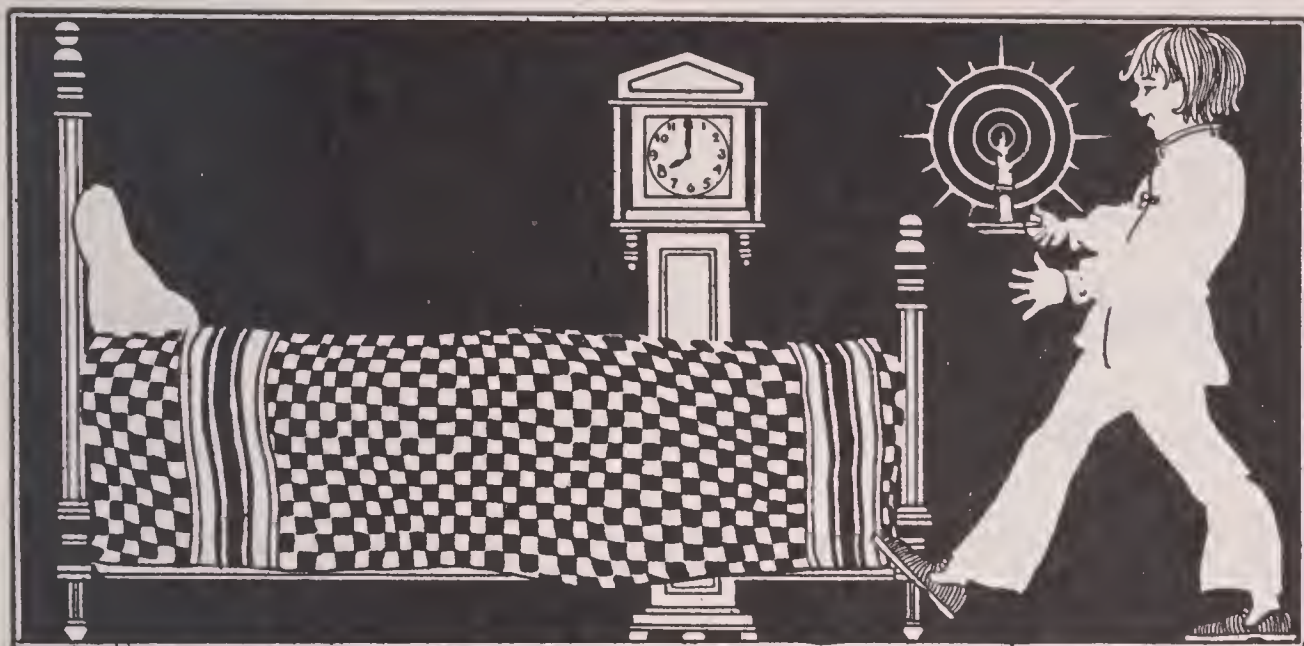
Children who do not get enough sleep feel tired.

Sometimes boys and girls who do not get enough sleep feel cross.

We are going to try to get enough sleep.

We are going to sleep with our windows wide open.





## Early and Late

Go to bed early—wake up with joy;

Go to bed late—cross girl or boy.

Go to bed early—ready for play;

Go to bed late—moping all day.

Go to bed early—no pains or ills;

Go to bed late—doctors and pills.

Go to bed early—grow very tall;

Go to bed late—stay very small.

—*W. S. Reed*

## How We Get Rest

We rest when we sleep.

It rests us to do something different  
from what we have been doing.

If we have been sitting a long time, it  
rests us to stand.

If we have been standing a long time,  
it rests us to sit down.

If we have been quiet a long time, it  
rests us to exercise.

If we have been working hard, it rests  
us to be quiet.

If we have been working with our  
brains, it rests us to work with  
our muscles.

Change is sometimes restful.

Boys and girls should get plenty of  
rest in sleep.

When you are tired, you should stop  
and rest.

## Good Night Song

*Tune: Good Night, Ladies!*

Good night, mother!

Good night, daddy!

Good night, parents!

We're going to leave you now.

Eight o'clock is time to go,

Time to go, time to go,

Eight o'clock is time to go

To our little beds.

Early to bed and early to rise

Makes a man healthy, wealthy and wise.





Outdoor Play Brings Health



# EXERCISE

## Home Exercise

Exercise helps to keep well people in good health.

Some of our work at home is good for us.

When we help our mother, we sometimes help ourselves.

We can get exercise at home.

We can sweep the kitchen floor.

We can make the beds.

Boys can chop wood.

Boys can carry in wood and coal.

We can dust the furniture.

Boys can shovel coal.



In winter time we can sweep the snow  
from the walks.

We can go to the store for our mother.

We can play with the baby.

We can give the baby a ride.

In autumn we can rake the leaves.

In summer we can help keep the lawn  
in good order.

We can water the flowers and plants.

We can pull the weeds from the garden.

We can do many things at home to  
help.

## Exercise Through Play

We get exercise in many ways.

We get exercise in our play.

We get exercise by running.

We run outdoors and play tag.

We get exercise by jumping the rope.

We get exercise by playing ball.

We throw snowballs.

We skate and get exercise.





We get exercise by playing games.  
In summer we fly kites.  
We play "hide-and-seek."  
We get exercise playing "run-away."  
We coast down the hill.  
We skip and run and hippity-hop  
all the year round.



## An Exercise

(Teach poem with actions)

My hands upon my (1) head I'll place,  
On my (2) shoulders, on my (3) face,  
On my (4) hips, then at my (5) sides,  
And now (6) behind me they will hide.  
Next I will lift them (7) up on high,  
And make my (8) fingers swiftly fly.  
I'll hold them now in (9) front of me;  
Then I will (10) clap them, one, two,  
three.

(1) Place both hands upon head. (2) Place both hands upon shoulders. (3) Put both hands on face. (4) Hand on each hip. (5) Hold hands closely at sides. (6) Clasp hands behind back. (7) Hold vertically above head. (8) Move fingers rapidly as in playing piano. (9) Arms stretched to front. (10) Clap three times in unison.

## Exercise in Spring and Summer

There are exercises for us in the spring  
and in the summer.

In the summer we swing.

We ride upon our little wagons.

We swim.

We run.

We skate on roller skates.

We play games of all kinds.

We play baseball.

We go fishing.

We jump rope.

We play cowboy.

Boys can saw wood for their mothers.

Girls can sweep the porches for their  
mothers.



We can go to the store for our mothers.

We can plant flowers and care for them.

We pull weeds from the garden.

Boys can cut the grass on the lawn.

Girls can help indoors.

We can always exercise in both work  
and play.

## Autumn and Winter Exercise

We get exercise in autumn and winter,  
too.

We rake the leaves and burn them in  
the fall.

We gather nuts in autumn.

We sweep sidewalks.

In the winter we skate on ice skates.

We coast down the hill.

At home we throw snowballs.

We shovel snow off the sidewalks.

We play in the snow.

In the winter we carry coal.

We play hockey upon the ice.

When there is snow we play “fox and  
geese.”





We make snow houses.

In autumn and winter we play outdoors.

It is good for children to play outdoors  
in autumn and in winter.

It makes them strong and healthy.

## Facts About Exercise

The right kind of exercise is good for us.  
It helps the muscles to grow firm and strong.

It keeps people from getting too fat.  
It strengthens the heart.

Exercise is good for healthy lungs.

Exercise helps to make the blood rich and pure.

It makes the blood flow faster.

Exercise sometimes gives us rosy cheeks.

All people need oxygen.

Exercise makes us breathe deeper.

Then we get more oxygen.

Exercise makes boys and girls stronger.



It makes them brighter and happier.  
Exercise helps our bodies to get rid of  
poisons and wastes.

Then we have better health.

Exercise helps us to digest our food  
well.

If we digest our food, we shall grow  
strong and well.

Exercise helps us to have better health.

Boys and girls should have the right  
kind of exercise.

## Exercises for All

Most people get exercise.

The baby exercises when he moves his  
arms and kicks with his legs.

Children run, jump and skip.

They play games, too.

Sometimes they help with the work at  
home.

School children exercise in school and  
in the gymnasium.

Older boys and girls play games and  
get exercise.

Older boys play baseball and football  
and basket ball.

Older girls play volley ball and basket  
ball.





Our mothers do the housework.

Many fathers get exercise in their  
work.

Farmers work out in the fields.

Business men often exercise by walking  
to their work.

Sometimes they play golf, too.

Office girls and other women workers  
play tennis and golf.

Almost every one gets some exercise by  
walking.

Most people exercise both through  
work and play.

Children need plenty of the right kind  
of exercise.

Exercise makes the muscles strong.

Exercise helps to make the body grow  
strong.

Every one should take exercise every  
day.

## Hints on Exercise

Severe exercise is sometimes hard on the heart.

So don't overdo.

Never exercise until you become very tired.

Exercise when you are fresh.

Late in the day is not a good time.

Do not exercise much after a hearty meal.

Take much of your exercise in the open air.

If you cannot do this, exercise in a room with windows open.

The air out of doors is fresher than that indoors.

Always wear loose clothes when you  
exercise.

Get all the fun you can out of your  
exercise.

Learn to enjoy your exercise.

## Exercise Song

*Tune: Three Blind Mice*

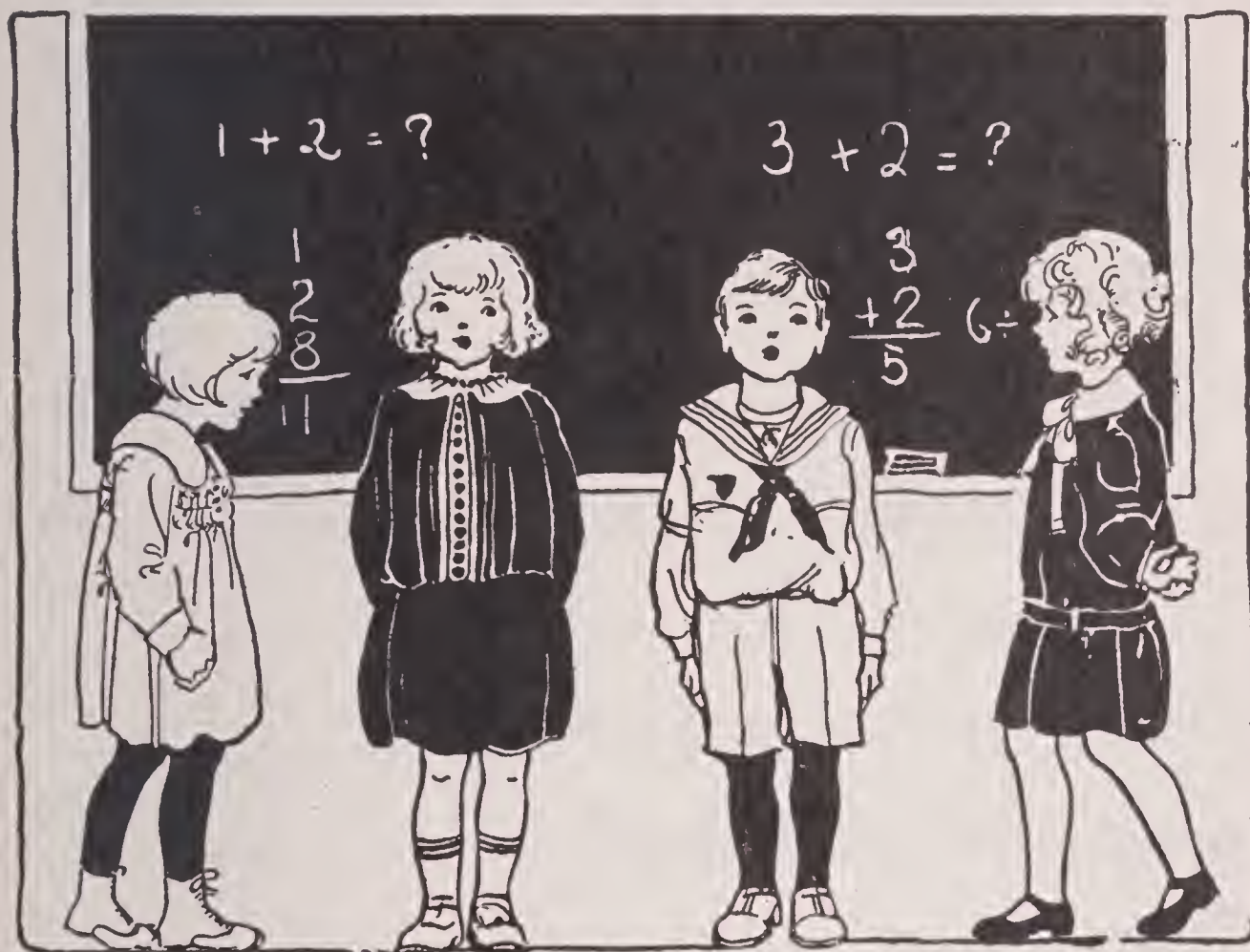
Exercise, exercise,  
Helps us keep well,  
Helps us keep well.

We'll walk and we'll run and jump  
and skip,

We'll play outdoors every single day.  
We'll skate on the ice or we'll coast  
down the hill for exercise.



# GENERAL HEALTH LESSONS



## Posture

Bad posture may hurt us.

It always makes a boy or girl look  
careless and shiftless.

Besides, a lazy body often means a  
lazy brain.

If you wish to keep well and look well,  
learn to stand, sit and walk erect.

Good positions help to keep us well.  
Always stand on both feet.

If you stand too much on one foot, one  
hip may grow larger than the  
other.

Throw your shoulders back.

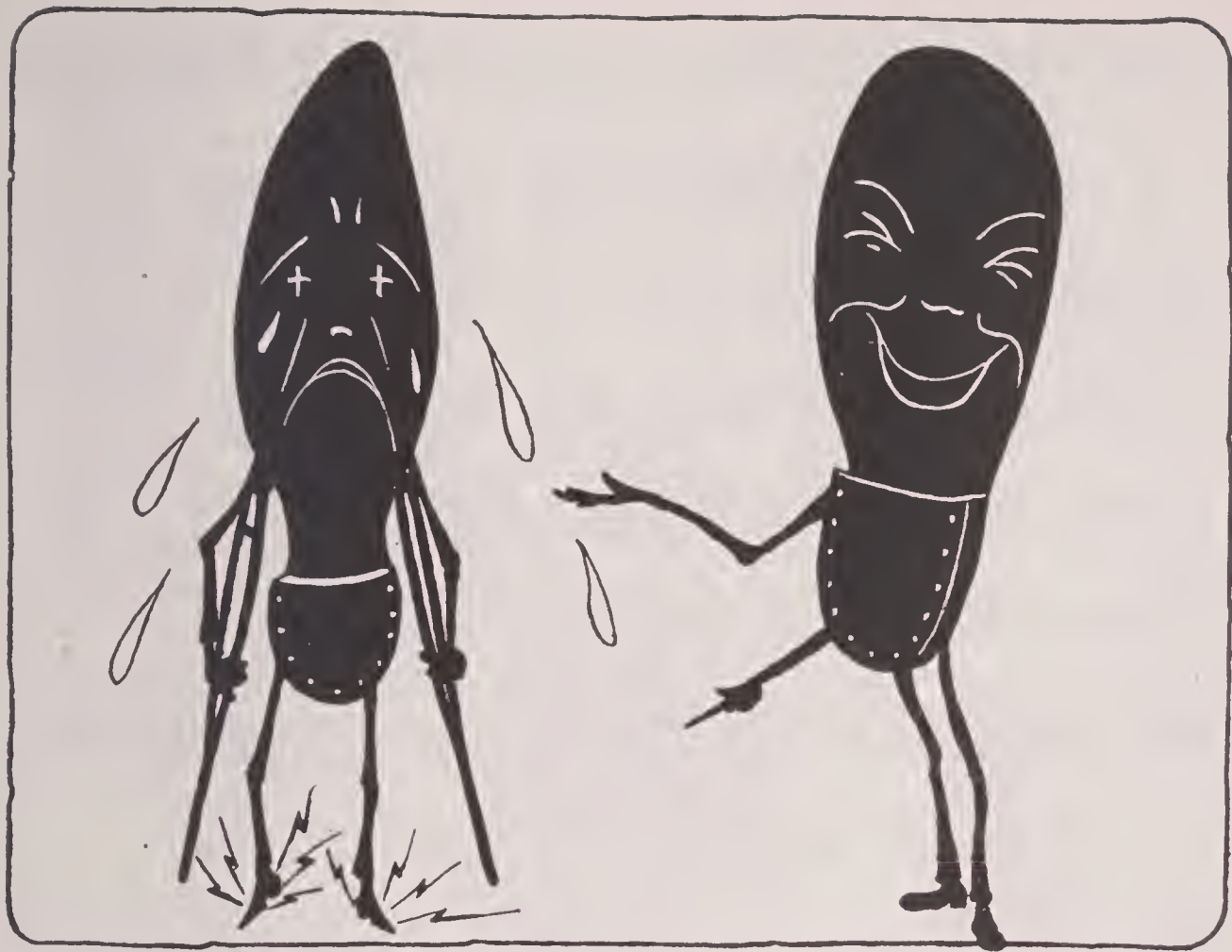
Keep your chest high.

Then you will not grow round  
shouldered.

Grow straight and beautiful.

Remember that good posture makes a  
boy or a girl look better, feel bet-  
ter and think better.

Good posture always pays.



## Feet

Many people are unkind to their feet.  
So the feet are unkind to them, too.  
They ache and cause pain.  
Painful feet make scowling faces and  
cause much trouble.

You surely don't want corns, bunions  
and squeezed toes.

So take care of your feet.

Wear clean stockings.

Keep your feet warm and dry.

Wear the right kind of shoes.

Be sure that your shoes have good,  
broad heels.

Be sure that the shoe is long enough.

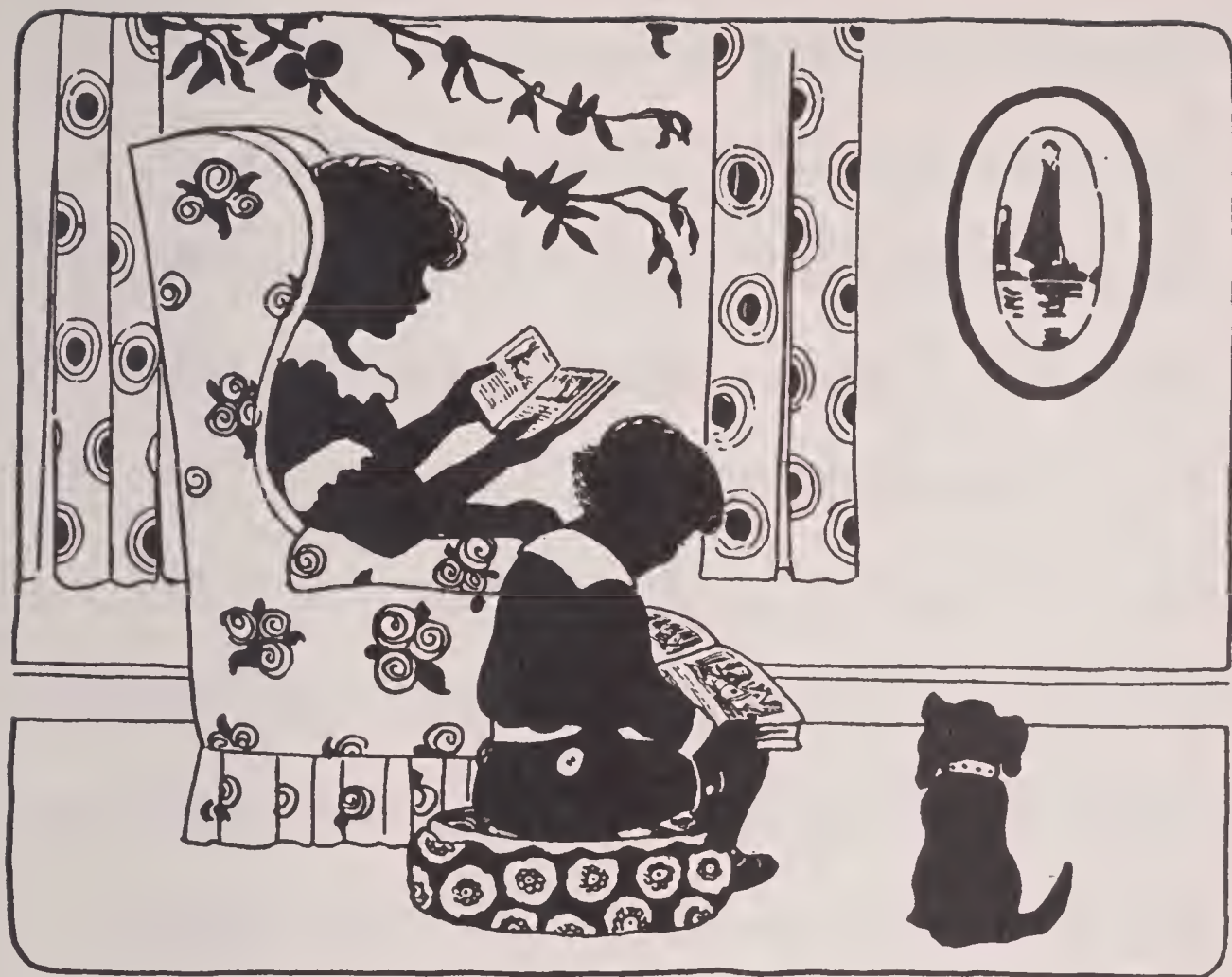
See that the shoe is wide enough.

Do not wear a shoe that pinches your  
toes.

Remember that sometimes it is a good  
plan to be a little barefoot child.

If you wish to enjoy living and walk-  
ing, take care of your feet.





## Care of the Eyes

Our eyes are the windows of our bodies.  
With them we see the beautiful out-  
doors.

With them, too, we peep into storyland  
and read about strange children  
in far-away lands.

It pays to be good to our eyes.

Let us remember these things:

Never face the light when reading.

Let the light come from the side or  
from behind.

Never read in a dim light.

The light should be bright and steady.

Stop reading when twilight comes on.

Do not try to read very fine print.

The best position for reading is to sit  
with the light falling over the left  
shoulder.

Never read on a moving train or street  
car.

Stop reading if your eyes begin to  
smart or feel tired.

Never rub your eyes with a soiled handkerchief.

Never wipe your eyes with towels other people have used.

Do not look directly at bright lights or at the sun.

If you cannot see well, if the letters dance about the page, have your eyes tested.

If your eyes become red or sore, go to a doctor.

## Two Eyes and One Mouth

Two eyes and only one mouth have we;

The reason of this must be

That we should learn that it will not do

To talk about all we see.





## The Ears

With our ears we hear the voices of  
those we love.

We hear the murmur of the brook and  
the songs of the birds.

With our ears we learn many things  
worth while.



So surely we should treat our ears well.  
We should never pick at the ears with  
anything sharp.

We should not put anything into our  
ears.

Without knowing it, we may injure  
our ears in this way.

If we have trouble in hearing what  
people say, we should have our  
ears tested.

Deafness may come from tonsilitis,  
measles or scarlet fever.

If our ears ache or run pus, we should  
see a doctor at once.

Remember that, if taken in time, most  
ear troubles can be cured.

## Germ

Germ are the smallest forms of plant or animal life.

They are so tiny that we cannot see them with the naked eye.

Some of the germ are our friends.

Others among them are our enemies.

The enemy germ may cause disease.

They may cause trouble in other ways.

They sour milk and spoil meat.

They rot vegetables and fruit.

Many germ bring disease.

Germ cause diphtheria, pneumonia and smallpox.

Scarlet fever and measles are caused by germ

Germs also cause mumps and whooping cough.

Even a cold is a germ disease.

The best way to keep clear of germs is to keep everything clean.

Germs multiply in dirty places.

In clean places there will not be so many of them.

We will try to keep our homes clean to get rid of germs.

Keeping our homes clean helps to keep away germs that are harmful.

We will try to keep our hands clean so as not to have germs on them.

We will keep our food clean so germs will not spoil it.

## More About Germs

Germs may be found in water, food  
and on the dishes.

Sometimes insects carry germs.

Sometimes germs are found in the fur  
of cats and dogs.

We often touch things that are covered  
with disease germs.

That is one good reason why we ought  
to wash our hands before eating.

For germs often enter our body  
through the mouth.

They enter through the nose, too.

Sometimes pus germs come in through  
a break in the skin.

Strong sunlight will kill many germs.





Boiling water will kill germs.

Soap and water also destroy germs.

Keeping our bodies clean helps to keep  
us free from harmful germs.

Make your body strong so that it can  
overcome the germs if they get  
into it.

## The Fly

In the springtime the flies leave their  
winter hiding places.

They eat a great deal and soon begin  
to lay eggs.

They like best to lay their eggs in  
stables, in filth or in rotten or  
spoiled food.

Think of it!

One fly may carry as many as six mil-  
lions germs.

One fly may lay as many as one hun-  
dred fifty eggs at one time.

Flies like dirt and filth.

They feed on rotten fruit and garbage.

They enjoy the filth of the stables.



From the stables they come to our  
homes.

They alight on the food on our tables.  
They like milk and so often go to the  
baby's milk bottle.

They visit sick people and annoy them.



They carry disease germs on their feet  
to our food.

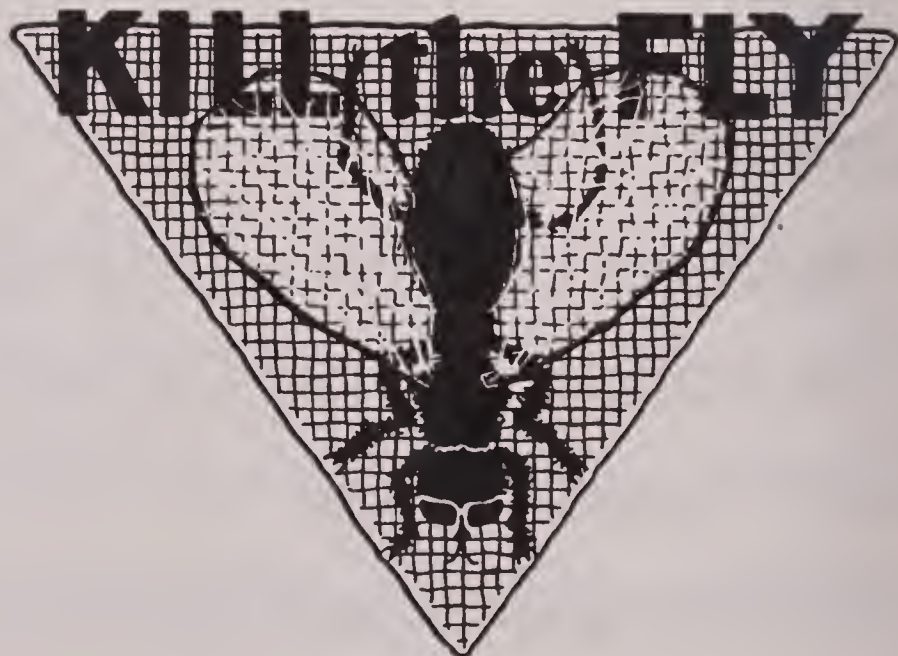
If we eat that food we, too, may be-  
come sick.

Flies are our enemies.

They often make well people sick.

So we must get rid of the flies.

They may not always bring sickness,  
but they always carry filth.





## Fighting the Flies

We must fight the flies.

Swat every fly you see.

Keep the windows and doors screened.

Take away all filth.

Do not keep decayed fruit or vegetables  
in the cellar or basement.

Keep the garbage can as far from the  
house as possible.

Be sure that the cover on the garbage  
can fits tightly.

Keep the house and yard so clean that  
the flies cannot find a dirty spot  
in which to lay their eggs.

If every one does this, we shall soon be  
rid of these pests.



## Mosquitoes

There are ten kinds of mosquitoes.

Two kinds carry diseases such as malaria and yellow fever.

Even when they do not carry disease, mosquitoes are a pest.

They sting people.

They poison them enough so that often  
there is a swelling and soreness.

Mosquito bites itch, too.

Mosquitoes hatch in swamps, puddles  
and pools.

Sometimes they are found in rain  
barrels or in dishes of water left  
outside.

One mosquito may lay four hundred  
eggs at one time.

A single can of water may be a hatch-  
ing place for thousands of mos-  
quitoes.

Boys and girls can help to keep mos-  
quitoes away from their homes.

They can see that water is not left standing in barrels, tubs, cans or dishes.

They can fill puddles with dirt.

Perhaps they can even pour a little kerosene on the small pools and ponds.

This will keep mosquitoes from hatching.

They can help to get rid of mosquitoes by seeing that there are no damp or dirty places where they can hatch.

In all these ways boys and girls can help to keep these pests away from their homes.





## Rats and Mice

We do not want rats and mice in our homes.

They eat our food and supplies.

They are too filthy to live in our homes.

They should not be left to live in markets and stores.

They injure and destroy many things. They carry germs of disease to our foods.

They often carry such diseases as typhoid fever and diphtheria.

So we must get rid of them.

We can set traps to catch mice.

We can set traps for rats, too.

Sometimes we must use rat poison to kill the rats.

We can plug up holes through which rats and mice enter our homes.

In these ways we can keep rats and mice out.

## Colds

A cold is not a pleasant thing to have.

We should take care not to catch cold.

A cold is a germ disease.

We should wear warm clothing when  
it is cold or damp.

We should change our clothing when  
it gets wet with rain or snow.

If we should catch cold, we need plenty  
of handkerchiefs.

When obliged to sneeze, cover the  
mouth and nose with the hand-  
kerchief.

If we do not do so, we throw out a  
spray which is offensive.

It is rude not to be careful about this.

Boys and girls who have colds should be supplied with plenty of handkerchiefs.

They should have clean, fresh handkerchiefs every day.

### How to Prevent Colds

To prevent colds, keep the body in good health.

Eat the right amount of food.

Get plenty of sleep.

Exercise in the open air.

Keep the body, mouth and nose clean.

Do not let the body become chilled by sudden cold or wet.

Stay away from the person with a cold.



Do not kiss the person who has a cold.

Do not use the same cup, towel or handkerchief that anyone else has used, until it has been washed.

If you yourself have a cold, be sure to cover your mouth and nose when you sneeze or cough.

Wear warm clothing in cold weather. Clothing should not be too heavy and should not bind the body in any place.

Too heavy clothing makes us uncomfortable.

Clothing that binds hinders free motion and prevents us from enjoying exercise.

## Healthful Homes

In a healthful home water does not stand on the basement floor.

A healthful home has a clean, dry, airy cellar or basement.

Decayed vegetables and fruit are not kept in healthful homes.

Flies, rats and mice are not allowed to stay in healthful homes.

Garbage is not kept near the healthful home.

It is always placed in a tightly covered can away from the house.

A healthful home has plenty of sunshine and fresh air.

A healthful home is clean everywhere.

A healthful home is clean both inside  
and outside.

The people who live in healthful homes  
are clean and happy.

We will keep our homes clean and  
wholesome.

Boys and girls can help to do this in  
many ways.

They can help keep things clean.

## Muddy Jim

A naughty lad was Muddy Jim,  
He hated soap and water.  
He didn't bathe but once a month,  
His nails he didn't trim.  
His hair uncombed—oh, what a sight  
Was naughty Muddy Jim.

—*Emilie Berliner*

## Where to Buy Food

Buy your food in the stores that are kept clean.

Buy your food from the merchant who keeps his place free from flies, rats and mice.

Buy your food in the stores that are well screened.

Buy your food in the stores that keep food under cover.

Buy your food in the stores where the clerks are clean and tidy.

Buy food that other people have not handled.

Buy ice cream in the store that keeps glasses, dishes and spoons clean.

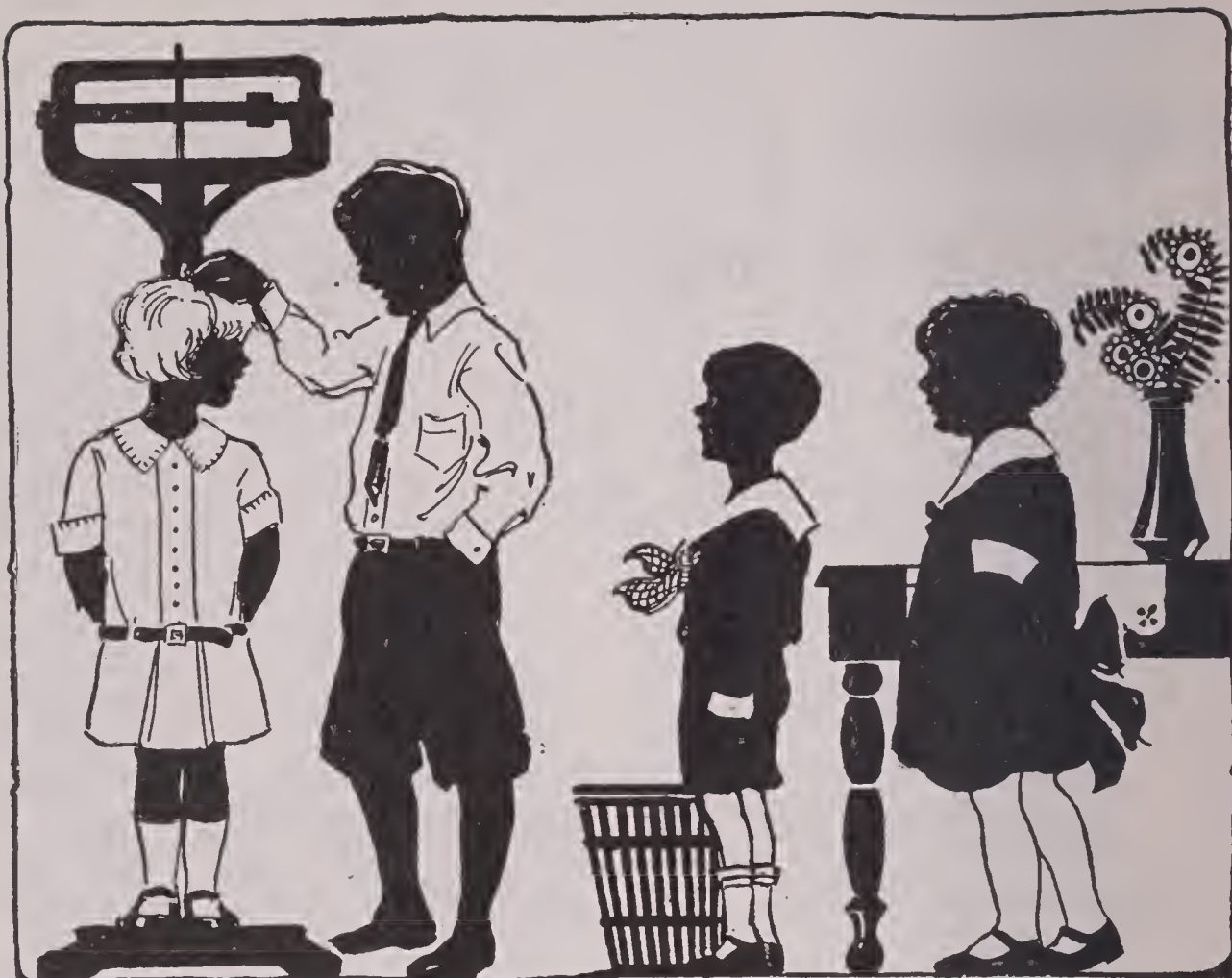




Buy your food from the place that has  
no flies upon the fruit and vege-  
tables.

Buy meals in clean restaurants or clean  
hotels.

Never buy food in a place that is not  
kept clean.



## The Underweight Child

An underweight child is one who is too thin for his height and age.

He is not so strong as he should be.

Are you an underweight child?

If so, why are you under weight?

Is it because you have bad tonsils or  
bad teeth?

Is it because you eat a great deal of  
candy between meals?

Or do you drink tea and coffee?

Can you answer the next questions  
with “yes”? Or must you say  
“no”?

Do you have plenty of fresh air both  
day and night?

Do you get enough sleep?

Do you exercise every day?

Are you kept clean?

Do you eat good food?

Do you chew your food well?

Do you play outdoors every day?



Are you cheerful at meal time?

If you are under weight, try to gain  
until you are of normal weight.

Good food, exercise, sunshine, fresh  
air, plenty of water and sleep will  
help you to gain.

If not, you should see a doctor.

## How Strong Are You?

I like a lad of muscles big,  
And lungs of shouting size,  
Of active feet and figure trim  
And brightly beaming eyes;  
A lad who well can run a race,  
And push a paddle well,  
Or breast the waves with fishy grace,  
Or raise a schoolboy yell.

—*Amos R. Wells*



## Tobacco

Tobacco is a poison.

It hurts young people more than it  
does older people.

Tobacco injures the heart.

It dulls the mind.

Cigarettes are bad for boys.

Boys who smoke cigarettes do not grow  
as they should.

They are apt to be under weight and  
under height.

The use of tobacco is an unclean habit.

The chewing of tobacco leads to the  
filthy habit of spitting.

Smoking has a bad effect on the  
breath, teeth and mouth.

Tobacco weakens the body.

It makes us more likely to take  
diseases.

Then too tobacco costs a great deal of  
money.

It is foolish to waste money on tobacco,  
pipes, cigars and cigarettes.

Tobacco never helps a boy to learn his  
lessons.

It does not help him to get work.

Tobacco never does any good.

In the end the use of tobacco always  
harms people.

A boy who wishes to be a fast runner  
must never use tobacco.

A wise boy will never use tobacco in  
any form.

## Alcohol

Alcohol is found in wine, beer and whiskey.

Alcohol is always an enemy.

Alcohol makes the muscles weak.

Alcohol dulls the mind.

It lessens the strength and shortens life.

People who use alcohol are more likely to take diseases than those who do not use it.

They cannot stand cold and heat as well as those who never drink alcoholic liquors.

Alcohol brings sadness and trouble.

Remember it is not wise nor safe to drink alcoholic liquors.

## Things to Remember

Do not put pencils or money in the mouth.

Do not put your fingers into your mouth.

Do not put into your mouth anything that has been in another person's mouth.

Do not put anything into your mouth but food and drink.

Never drink from a glass or cup that has been used by any other person until it has been washed.

Do not pick your nose.

Do not wipe your nose on your hand or sleeve.



Do not shout in anyone's ears.

Always use a clean pocket handkerchief.

Do not spit if you can help it.

Never spit on the floor or sidewalk.

Never cough or sneeze in another person's face.

Always wash your hands before meals.

Sleep long hours with your windows wide open.

Take a bath more than once a week.

Brush the teeth at least once every day.

Drink at least a quart of milk every day.

Drink no tea nor coffee.

Eat fruit and fresh vegetables every day.

Drink four glasses of water every day.

Play out of doors every day.

Do not use tobacco nor alcoholic liquors.

### For Good Health

I will keep the Health Rules and try to do right.  
I will brush my teeth well both morning and night,  
I will drink lots of water, healthy to be,  
I will drink sweet milk, never coffee nor tea,  
I will eat wholesome food to keep well and strong,  
I will go to bed early to make my nights long,  
I will sleep with my windows wide open, too,  
I will get fresh air at night, good for me and for you.

—*Maria Halsey Stryker*

## Secrets of Health

Don't worry.

Don't hurry.

Live a simple life.

Don't overeat; don't starve.

Eat wholesome foods.

Sleep and rest enough.

Breathe fresh air day and night.

Keep your body clean.

Be cheerful and happy.

Try not to get angry or excited.

Think kind and healthful thoughts.

Always look for the good and the  
beautiful.

Do something every day to make some  
one else happy.

| HEIGHT AND WEIGHT TABLE FOR BOYS |           |           |           |           |           |            |            |            |            |            |            |            |            |            |
|----------------------------------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Hgt.<br>In.                      | 5<br>Yrs. | 6<br>Yrs. | 7<br>Yrs. | 8<br>Yrs. | 9<br>Yrs. | 10<br>Yrs. | 11<br>Yrs. | 12<br>Yrs. | 13<br>Yrs. | 14<br>Yrs. | 15<br>Yrs. | 16<br>Yrs. | 17<br>Yrs. | 18<br>Yrs. |
| 39                               | 35        | 36        | 37        |           |           |            |            |            |            |            |            |            |            |            |
| 40                               | 37        | 38        | 39        |           |           |            |            |            |            |            |            |            |            |            |
| 41                               | 39        | 40        | 41        |           |           |            |            |            |            |            |            |            |            |            |
| 42                               | 41        | 42        | 43        | 44        |           |            |            |            |            |            |            |            |            |            |
| 43                               | 43        | 44        | 45        | 46        |           |            |            |            |            |            |            |            |            |            |
| 44                               | 45        | 46        | 46        | 47        |           |            |            |            |            |            |            |            |            |            |
| 45                               | 47        | 47        | 48        | 48        | 49        |            |            |            |            |            |            |            |            |            |
| 46                               | 48        | 49        | 50        | 50        | 51        |            |            |            |            |            |            |            |            |            |
| 47                               | ....      | 51        | 52        | 52        | 53        | 54         |            |            |            |            |            |            |            |            |
| 48                               | ....      | 53        | 54        | 55        | 55        | 56         | 57         |            |            |            |            |            |            |            |
| 49                               | ....      | 55        | 56        | 57        | 58        | 58         | 59         |            |            |            |            |            |            |            |
| 50                               | ....      | ....      | 58        | 59        | 60        | 60         | 61         | 62         |            |            |            |            |            |            |
| 51                               | ....      | ....      | 60        | 61        | 62        | 63         | 64         | 65         |            |            |            |            |            |            |
| 52                               | ....      | ....      | 62        | 63        | 64        | 65         | 67         | 68         |            |            |            |            |            |            |
| 53                               | ....      | ....      | ....      | 66        | 67        | 68         | 69         | 70         | 71         |            |            |            |            |            |
| 54                               | ....      | ....      | ....      | 69        | 70        | 71         | 72         | 73         | 74         |            |            |            |            |            |
| 55                               | ....      | ....      | ....      | ....      | 73        | 74         | 75         | 76         | 77         | 78         |            |            |            |            |
| 56                               | ....      | ....      | ....      | ....      | 77        | 78         | 79         | 80         | 81         | 82         |            |            |            |            |
| 57                               | ....      | ....      | ....      | ....      | ....      | 81         | 82         | 83         | 84         | 85         | 86         |            |            |            |
| 58                               | ....      | ....      | ....      | ....      | ....      | 84         | 85         | 86         | 87         | 88         | 90         | 91         |            |            |
| 59                               | ....      | ....      | ....      | ....      | ....      | 87         | 88         | 89         | 90         | 92         | 94         | 96         | 97         |            |
| 60                               | ....      | ....      | ....      | ....      | ....      | 91         | 92         | 93         | 94         | 97         | 99         | 101        | 102        |            |
| 61                               | ....      | ....      | ....      | ....      | ....      | ....       | 95         | 97         | 99         | 102        | 104        | 106        | 108        | 110        |
| 62                               | ....      | ....      | ....      | ....      | ....      | ....       | 100        | 102        | 104        | 106        | 109        | 111        | 113        | 116        |
| 63                               | ....      | ....      | ....      | ....      | ....      | ....       | 105        | 107        | 109        | 111        | 114        | 115        | 117        | 119        |
| 64                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | 113        | 115        | 117        | 118        | 119        | 120        | 122        |
| 65                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 120        | 122        | 123        | 124        | 125        | 126        |
| 66                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 125        | 126        | 127        | 128        | 129        | 130        |
| 67                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 130        | 131        | 132        | 133        | 134        | 135        |
| 68                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 134        | 135        | 136        | 137        | 138        | 139        |
| 69                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 138        | 139        | 140        | 141        | 142        | 143        |
| 70                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 142        | 144        | 145        | 146        | 147        |
| 71                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 147        | 149        | 150        | 151        | 152        |
| 72                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 152        | 154        | 155        | 156        | 157        |
| 73                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 157        | 159        | 160        | 161        | 162        |
| 74                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 162        | 164        | 165        | 166        | 167        |
| 75                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | ....       | 169        | 170        | 171        | 172        |
| 76                               | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | ....       | 174        | 175        | 176        | 177        |

Prepared by Dr. Thomas D. Wood

ABOUT WHAT A BOY SHOULD GAIN EACH MONTH

| Age          |       | Age           |        |
|--------------|-------|---------------|--------|
| 5 to 8.....  | 6 oz. | 12 to 14..... | 12 oz. |
| 8 to 12..... | 8 oz. | 14 to 16..... | 16 oz. |

Try and do as much better than the average as you can. Height and weight to be taken in house clothes, without shoes. Weigh on the same date each month, about the same hour of the day. Age, the nearest birthday.

[Printed by the Bureau of Education]



# HEIGHT AND WEIGHT TABLE FOR GIRLS

| Hgt.<br>In. | 5<br>Yrs. | 6<br>Yrs. | 7<br>Yrs. | 8<br>Yrs. | 9<br>Yrs. | 10<br>Yrs. | 11<br>Yrs. | 12<br>Yrs. | 13<br>Yrs. | 14<br>Yrs. | 15<br>Yrs. | 16<br>Yrs. | 17<br>Yrs. | 18<br>Yrs. |
|-------------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 39          | 34        | 35        | 36        |           |           |            |            |            |            |            |            |            |            |            |
| 40          | 36        | 37        | 38        |           |           |            |            |            |            |            |            |            |            |            |
| 41          | 38        | 39        | 40        |           |           |            |            |            |            |            |            |            |            |            |
| 42          | 40        | 41        | 42        | 43        |           |            |            |            |            |            |            |            |            |            |
| 43          | 42        | 42        | 43        | 44        |           |            |            |            |            |            |            |            |            |            |
| 44          | 44        | 45        | 45        | 46        |           |            |            |            |            |            |            |            |            |            |
| 45          | 46        | 47        | 47        | 48        | 49        |            |            |            |            |            |            |            |            |            |
| 46          | 48        | 48        | 49        | 50        | 51        |            |            |            |            |            |            |            |            |            |
| 47          | ....      | 49        | 50        | 51        | 52        | 53         |            |            |            |            |            |            |            |            |
| 48          | ....      | 51        | 52        | 53        | 54        | 55         | 56         |            |            |            |            |            |            |            |
| 49          | ....      | 53        | 54        | 55        | 56        | 57         | 58         |            |            |            |            |            |            |            |
| 50          | ....      | ....      | 56        | 57        | 58        | 59         | 60         | 61         |            |            |            |            |            |            |
| 51          | ....      | ....      | 59        | 60        | 61        | 62         | 63         | 64         |            |            |            |            |            |            |
| 52          | ....      | ....      | 62        | 63        | 64        | 65         | 66         | 67         |            |            |            |            |            |            |
| 53          | ....      | ....      | ....      | 66        | 67        | 68         | 68         | 69         | 70         |            |            |            |            |            |
| 54          | ....      | ....      | ....      | 68        | 69        | 70         | 71         | 72         | 73         |            |            |            |            |            |
| 55          | ....      | ....      | ....      | ....      | 72        | 73         | 74         | 75         | 76         | 77         |            |            |            |            |
| 56          | ....      | ....      | ....      | ....      | 76        | 77         | 78         | 79         | 80         | 81         |            |            |            |            |
| 57          | ....      | ....      | ....      | ....      | ....      | 81         | 82         | 83         | 84         | 85         | 86         |            |            |            |
| 58          | ....      | ....      | ....      | ....      | ....      | 85         | 86         | 87         | 88         | 89         | 90         | 91         |            |            |
| 59          | ....      | ....      | ....      | ....      | ....      | 89         | 90         | 91         | 93         | 94         | 95         | 96         | 98         |            |
| 60          | ....      | ....      | ....      | ....      | ....      | ....       | 94         | 95         | 97         | 99         | 100        | 102        | 104        | 106        |
| 61          | ....      | ....      | ....      | ....      | ....      | ....       | 99         | 101        | 102        | 104        | 106        | 108        | 109        | 111        |
| 62          | ....      | ....      | ....      | ....      | ....      | ....       | 104        | 106        | 107        | 109        | 111        | 113        | 114        | 115        |
| 63          | ....      | ....      | ....      | ....      | ....      | ....       | 109        | 111        | 112        | 113        | 115        | 117        | 118        | 119        |
| 64          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | 115        | 117        | 118        | 119        | 120        | 121        | 122        |
| 65          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | 117        | 119        | 120        | 122        | 123        | 124        | 125        |
| 66          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | 119        | 121        | 122        | 124        | 126        | 127        | 128        |
| 67          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 124        | 126        | 127        | 128        | 129        | 130        |
| 68          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 126        | 128        | 130        | 132        | 133        | 134        |
| 69          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | 129        | 131        | 133        | 135        | 136        | 137        |
| 70          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 134        | 136        | 138        | 139        | 140        |
| 71          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | 138        | 140        | 142        | 143        | 144        |
| 72          | ....      | ....      | ....      | ....      | ....      | ....       | ....       | ....       | ....       | ....       | 145        | 147        | 148        | 149        |

Prepared by Dr. Thomas D. Wood

## ABOUT WHAT A GIRL SHOULD GAIN EACH MONTH

| Age                | Age                 |
|--------------------|---------------------|
| 5 to 8..... 6 oz.  | 11 to 14.....12 oz. |
| 8 to 11..... 8 oz. | 14 to 16..... 8 oz. |

Try and do as much better than the average as you can.

Height and weight to be taken in house clothes, without shoes. Weigh on the same date each month, about the same hour of the day. Age, the nearest birthday.

[Printed by the Bureau of Education]



# A Better Health Card

Name \_\_\_\_\_

Age \_\_\_\_\_

Enter your own weight. How much should you weigh for your age and height? (See Tables, pages 148-149.) How much have you to gain? How much did you gain last month?

| Month | Height | Actual Weight | Normal Weight | To Gain |
|-------|--------|---------------|---------------|---------|
| Sept. |        |               |               |         |
| Oct.  |        |               |               |         |
| Nov.  |        |               |               |         |
| Dec.  |        |               |               |         |
| Jan.  |        |               |               |         |
| Feb.  |        |               |               |         |
| Mar.  |        |               |               |         |
| Apr.  |        |               |               |         |
| May   |        |               |               |         |
| June  |        |               |               |         |

# Suggestions to Teachers

BETTER HEALTH FOR LITTLE AMERICANS is an outgrowth of oral composition and health teaching in a second grade. In the first grade the book may well serve as a teacher's guide in health instruction. In the second and third grades, it should be used as a supplementary reader. In addition, it ought to be placed in the school library for independent reading by individual pupils.

The book aims to do three things, namely:

1. To increase reading ability.
2. To aid in preparation for reading for information.
3. To promote health.

As the sentences in many instances are the children's own, the book possesses the simplicity that reaches the child's immature mind. The vocabulary in large measure is already a part of the child's speaking equipment. In some schools, however, a little preliminary work on vocabulary may be needed. The short sentences facilitate reading for thought, and have a marked tendency to bring about greater fluency. Thus the child gains in reading ability.

During recent years the primary schoolrooms have been flooded with readers based upon legend. Oftentimes the child memorizes the story, but does not recognize the individual words. The material is interesting and valuable, and has its place in the child's mental development. However, it has resulted in only one type of reading, that of reading for enjoyment. A one-sided development is the result. As much of the reading in later grades and in adult life is reading for information, it is none too soon to start preparation for that type of activity in the first three grades. BETTER HEALTH FOR LITTLE AMERICANS aims to assist in this process of reading for information.

But the real purpose of the book is to help little Americans secure better health for themselves. The mere reading of the book is not in itself sufficient. The teacher must be alert and interested in the project; she must supplement it by activities that aid the process of securing better health. It rests with her to prepare the child's mind for the reading material. Monthly weighing, health drives of various kinds, attempts to secure correct health habits and the cooperation of parents are all helpful. Thus the teacher may have health drives on going to bed at eight, drinking milk, eliminating coffee, cleaning the teeth, etc. If she prepares charts to show what each child is doing, and announces the winners of the health race, she may thus stimulate even greater interest. Special attention should be given to the underweight child. No stereotyped suggestions to fit individual cases can be given. Every teacher according to her own originality and initiative, will think of the ways most effective in securing results from her own group.

E. W. L.









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